



Top End Orienteers invite you to come **ORIENTEERING**

Come and explore East Point Reserve

WHEN: Sunday, 14th May 2017 - What a great start to Mother's Day.

WHERE: Start is near the Car Park at Lake Alexander (follow the signs)

COURSES: 4 courses: Expect to encounter wallabies on all courses

Easy - 2.7km, pram friendly, with checkpoints within 20m of path/track. Compass not required. Suitable for newcomers, groups with young children and those wanting to gain confidence. Approx. duration 30-60 mins.

Moderate - 3.5km, enters open areas and forest, with checkpoints within 50m of tracks and forest edges. Route choice decision making required. Compass useful but not essential. Some previous map reading experience required. Approx. duration 45-90 mins

Short Hard - 3.2km and **Long Hard** 5.0km, mostly in forest with a small portion of course in open areas (some long grass - long hard) and mud flat. Shoes may get muddy but should not get submerged. Compass very handy. Not suited to newcomers. Approx. duration 45-90 mins (short) and 60-120 mins (long).

TIME: Start any time between 7.00 & 9.00am Courses close 11.00am

Coaching available between 8.00 and 9.00am

- Enter on your own or as a group or family
- Great for all ages and all fitness levels
- The ideal way to exercise your mind and your body
- Stay for the sausage sizzle and a cold drinks.



Beginners welcome. Entry to your first event is free!

For more information please call: 0431 822 812

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